

# 2013 California Dietary Practices Survey

**Table 32: Percent of Eating Out that Was in Fast Food Restaurants, Trends 1997-2013**

Base: Out of people eating out

Yesterday, how many of your meals or snacks came from a fast food restaurant, such as McDonalds, Taco Bell, or Pizza Hut?

Yesterday, how many meals or snacks came from a restaurant that is NOT a fast food restaurant?

	Percent of Adults Eating Out who Ate Fast Food										Trends	
	1997	1999	2001	2003	2005	2007	2009	2011	2013		2011-13	1997-13
<b>Total</b>	<b>48</b>	<b>48</b>	<b>41</b>	<b>40</b>	<b>46</b>	<b>41.1</b>	<b>43.2</b>	<b>48.9</b>	<b>58.3</b>		<b>9.4**</b>	<b>10.3***</b>
<i>Sex</i>												
Male	50	48	43	40	47	40.9	40.9	49.8	62.2		12.4**	12.2**
Female	46	48	39	41	44	41.3	46.1	48.0	53.8		5.8	7.8
<i>Age</i>												
18 - 24									67.6	**	NA	NA
25 - 34									63.1		NA	NA
35 - 50									58.7		NA	NA
51 - 64									56.4		NA	NA
65+									33.6		NA	NA
<i>Ethnicity</i>												
White	45	44 ***	36 **	33 ***	41 ***	32.4 ***	41.6 **	42.9	48.9 ***		6.0	3.9
Hispanic	54	62	56	64	61	61.1	55.7	54.7	68.3		13.6*	14.3*
Black	50	69	44	61	67	58.5	60.9	60.9	58.9		-2.0	8.9
Asian/Other <sup>1</sup>		38	44	35	21	29.7	26.9	42.9	88.6		NA	NA
<i>Education</i>												
Less than High School	66 **	70 ***	39	60 ***	69 ***	62.0 ***	61.9 ***	62.1 ***	73.7 ***		11.6	7.7
High School Graduate	56	59	47	51	43	49.9	58.5	73.2	67.6		-5.6	11.6*
Some College	51	54	41	47	54	38.3	35.6	38.9	61.2		22.3***	10.2*
College Graduate	36	33	37	25	31	29.2	31.2	39.9	40.1		0.2	4.1
<i>Income</i>												
Less than \$15,000	53	56 ***	49	53 ***	75 ***	50.8 ***	63.2 ***	67.2 ***	71.8 ***		4.6	18.8**
\$15,000 - 24,999	53	58	41	66	46	62.8	47.5	54.5	66.0		11.5	13.0*
\$25,000 - 34,999	53	41	41	39	48	36.5	54.8	45.5	53.7		8.2	0.7
\$35,000 - 49,999	44	58	50	41	45	35.4	56.8	29.7	59.5		29.8*	15.5
\$50,000+	45	37	35	30	34	29.3	24.9	34.0	40.0		6.0	-5.0
<i>Overweight Status</i>												
Overweight/Obese			42	45 *	48	45.4 *	48.8 *	52.4	64.9 ***		12.5**	NA
Not Overweight			39	35	44	34.3	37.4	43.9	46.5		2.6	NA
<i>Physically Active</i>												
Met Aerobic Recommendation									53.8	**	NA	NA
Did Not Meet Aerobic Recommendation									67.0		NA	NA
<i>SNAP/CalFresh Status, % FPL</i>												
Participant								56.4 **	72.1 ***		15.7***	NA
Likely Eligible, ≤ 130%								51.4	64.1		12.7	NA
Not Eligible, > 185%								38.8	40.2		1.4	NA

<sup>1</sup> For the years 1999-2011, this group represented Asians and Pacific Islanders. Starting in 2013, this group represents Asians and those with race classifications that are not White, Black, and/or Hispanic.

Gray cells indicate a sample size of less than 50 and do not meet the criteria for statistical reliability.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

2013 California Dietary Practices Survey

Cross Tab 33: Eating Out by Reported Consumption of Healthy Foods

Out-of-Home Eating	Mean Servings			
	Fruits & Vegetables	Vegetables & Salad	Fruits & Juice	Whole Grain Bread, Whole Grains, High Fiber Cereal <sup>1</sup> & Beans
No Meals Eaten Out	4.7 a ***	2.4 ab *	2.3 a ***	2.4 a ***
Meals Eaten Out, Not Fast Food	4.7 a	2.7 a	2.0 ab	2.0 a
Meals Eaten Out, Fast Food	3.7 b	2.1 b	1.5 b	3.3 b

N=1084; 1084; 1084; 1079

<sup>1</sup> High fiber cereals are defined as those having 3 or more grams of dietary fiber per serving.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common letter (a, b, c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

\* p<.05

\*\*\* p<.001

## 2013 California Dietary Practices Survey

Cross Tab 34: Eating Out by Reported Consumption of Less Healthy Foods

Out-of-Home Eating	Mean Servings					
	Deep-Fried and Fried Snack Foods		High Fat Sweets and Breakfast Pastries		Sugar-Sweetened Beverages	
No Meals Eaten Out	0.5	a ***	0.7	a ***	2.1	a ***
Meals Eaten Out, Not Fast Food	0.5	a	1.0	a	1.6	b
Meals Eaten Out, Fast Food	1.8	b	1.3	b	3.0	c

N=1083; 1083; 1080

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common letter (a, b, c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

\*\*\* p<.001

# 2013 California Dietary Practices Survey

**Table 35: Percent who Ate At Least One Meal Out, Trends 1997-2013**

Yesterday, how many of your meals or snacks came from a fast food restaurant, such as McDonalds, Taco Bell, or Pizza Hut?  
Yesterday, how many meals or snacks came from a restaurant that is NOT a fast food restaurant?

	Percentage of Adults Eating 1+ Meal Out										Trends	
	1997	1999	2001	2003	2005	2007	2009	2011	2013		2011-13	1997-13
<b>Total</b>	<b>41</b>	<b>44</b>	<b>41</b>	<b>40</b>	<b>36</b>	<b>32.6</b>	<b>29.5</b>	<b>29.7</b>	<b>31.7</b>		<b>2.0</b>	<b>-9.3***</b>
<b>Sex</b>												
Male	43 *	48 **	46 ***	40	41 **	34.1	33.1 **	32.3 *	35.0 **		2.7	-8.0***
Female	38	40	36	39	32	31.1	25.9	27.1	28.5		1.4	-9.5***
<b>Age</b>												
18 - 24									49.3 ***		NA	NA
25 - 34									30.0		NA	NA
35 - 50									30.8		NA	NA
51 - 64									28.2		NA	NA
65+									24.1		NA	NA
<b>Ethnicity</b>												
White	41	47 ***	44 **	42 ***	40 **	34.4	33.7 ***	31.8	31.0		-0.8	-10.0***
Hispanic	36	33	32	29	35	28.5	21.6	26.8	31.4		4.6	-4.6
Black	45	44	46	43	28	32.6	25.6	26.4	32.7		6.3	-12.3*
Asian/Other <sup>1</sup>		50	48	47	38	34.1	32.4	32.6	36.6		NA	NA
<b>Education</b>												
Less than High School	26 ***	24 ***	22 ***	19 ***	29 **	25.5 ***	15.1 ***	27.0 ***	24.6 **		-2.4	-1.4
High School Graduate	39	42	38	43	36	28.0	32.0	21.4	29.5		8.1**	-9.5**
Some College	43	45	45	44	38	34.2	30.6	31.6	35.9		4.3	-7.1*
College Graduate	44	51	48	43	42	40.3	35.8	36.6	34.5		-2.1	-9.5**
<b>Income</b>												
Less than \$15,000	29 ***	34 ***	27 ***	27 ***	30 ***	26.3 ***	19.0 ***	23.0 ***	27.8 ***		4.8	-1.2
\$15,000 - 24,999	37	39	39	30	32	27.3	23.1	24.1	29.0		4.9	-8.0*
\$25,000 - 34,999	38	45	36	35	30	28.0	25.2	32.0	30.8		-1.2	-7.2
\$35,000 - 49,999	46	45	45	49	37	36.4	30.3	35.6	31.0		-4.6	-15.0**
\$50,000+	50	58	55	49	45	43.6	44.5	41.6	44.0		2.4	-6.0
<b>Overweight Status</b>												
Overweight/Obese			42	38	38	30.5 *	28.8	28.4	32.5		4.1	NA
Not Overweight			41	42	35	35.9	30.6	32.4	32.0		-0.4	NA
<b>Physically Active</b>												
Met Aerobic Recommendation									32.5		NA	NA
Did Not Meet Aerobic Recommendation									30.4		NA	NA
<b>SNAP/CalFresh Status, % FPL</b>												
Participant								25.5 ***	28.0 ***		2.5	NA
Likely Eligible, ≤ 130%								25.7	25.7		0.0	NA
Not Eligible, > 185%								41.1	43.1		2.0	NA

<sup>1</sup> For the years 1999-2011, this group represented Asians and Pacific Islanders. Starting in 2013, this group represents Asians and those with race classifications that are not White, Black, and/or Hispanic.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

## 2013 California Dietary Practices Survey

**Table 36: Reported Meals from Fast Food Restaurants in the Past Week**

*In the last week, how many times did you eat a meal or snack from a fast food restaurant?*

	Percent who Reported Eating Fast Food	
	0	1+
<b>Total</b>	<b>81.5</b>	<b>18.5</b>
<i>Sex</i>		
Male	78.2	21.8
Female	84.6	15.4
<i>Age</i>		
18 - 24	66.7	33.3
25 - 34	81.1	18.9
35 - 50	81.9	18.1
51 - 64	84.1	15.9
65+	91.9	8.1
<i>Ethnicity</i>		
White	84.8	15.2
Hispanic	78.5	21.5
Black	80.8	19.2
Asian/Other	67.6	32.4
<i>Education</i>		
Less than High School	81.9	18.1
High School Graduate	80.1	19.9
Some College	78.0	22.0
College Graduate	86.2	13.8
<i>Income</i>		
Less than \$15,000	80.0	20.0
\$15,000 - 24,999	80.9	19.1
\$25,000 - 34,999	83.4	16.6
\$35,000 - 49,999	81.5	18.5
\$50,000+	82.4	17.6
<i>Overweight Status</i>		
Overweight/Obese	78.9	21.1
Not Overweight	85.1	14.9
<i>Physically Active</i>		
Met Aerobic Recommendation	82.5	17.5
Did Not Meet Aerobic Recommendation	79.6	20.4
<i>SNAP/CalFresh Status, % FPL</i>		
Participant	79.8	20.2
Likely Eligible, ≤ 130%	83.5	16.5
Not Eligible, > 185%	82.7	17.3

N=1505

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

## 2013 California Dietary Practices Survey

**Table 37: Percent who Report Substituting Healthy Items for Less Healthy Items When Eating Out**

*When you eat out, how often do you substitute a fruit, vegetable, or salad for French fries or Hash Browns?*

*When you eat out, how often do you order water instead of a sugar-sweetened beverage like soda or lemonade?*

	Percent Reporting They <sup>1</sup>	
	Substitute Fruits and Vegetables for French Fries and Hash Brown	Order Water Instead of a Sugar-Sweetened Beverage
<b>Total</b>	<b>27.9</b>	<b>55.8</b>
<b>Sex</b>		
Male	25.1 *	49.2 ***
Female	30.5	62.2
<b>Age</b>		
18 - 24	22.1	50.4 ***
25 - 34	29.8	48.5
35 - 50	26.8	54.5
51 - 64	28.6	59.3
65+	32.6	71.8
<b>Ethnicity</b>		
White	31.5 **	62.1 ***
Hispanic	25.4	41.4
Black	22.5	60.0
Asian/Other	19.3	56.6
<b>Education</b>		
Less than High School	22.3 ***	31.5 ***
High School Graduate	25.9	52.5
Some College	25.2	54.9
College Graduate	36.3	75.7
<b>Income</b>		
Less than \$15,000	25.3 *	48.7 ***
\$15,000 - 24,999	26.7	48.9
\$25,000 - 34,999	29.9	53.8
\$35,000 - 49,999	25.8	54.7
\$50,000+	35.5	75.0
<b>Overweight Status</b>		
Overweight/Obese	27.1	53.3 **
Not Overweight	29.5	60.7
<b>Physically Active</b>		
Met Aerobic Recommendation	30.9 **	61.6 ***
Did Not Meet Aerobic Recommendation	23.6	45.3
<b>SNAP/CalFresh Status, % FPL</b>		
Participant	28.5 **	50.1 ***
Likely Eligible, ≤ 130%	18.7	47.5
Not Eligible, > 185%	32.8	72.0

N=1425; 1423

<sup>1</sup> Respondents who reported this behavior always or often

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001